

21 Days of Forgiveness for Peace on Gaia Valentine's 2018



Kathleen Mary Willis
in co-creation with the Higher Realms

Gratitude

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My Infinite and Eternal Gratitude

to Mother/Father One

the Mighty Ones

St. Germaine, Keeper of the Violet Flame

Sanat Kumara, Planetary Logos, Keeper of Universal Law

Linda Dillon, Channel for the Council of Love

Steve Beckow, Editor-in-Chief for the Golden Age of Gaia

Suzanne Maresca, Host of Heavenly Blessings

Karen Wilson, President of the Hope Chest

Gaia

My Circle

My Guidance

M y F a m i l y

in the Higher Realms

a n d h e r e o n E a r t h

Thank You to each of you

for all the support

all the Love

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21 Days of Forgiveness For Peace on Gaia Valentine's 2018

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Introduction

February 2, 2015, Archangel Michael, through Linda Dillon, channel for the Council of Love, gave us a meditation called, PLea for Peace Now.

In it he asked us to co-create with him Peace on Earth, saying we can do this, all of us, together by Valentine's Day.

He didn't say which Valentine's Day but the invitation stands.

Peace on Earth
Valentine's Day



January 24, 2018, I began a series of posts, 21 Days of Forgiveness, for World Peace, highlighting some of the inner work I had been doing since Archangel Michael's powerful channeling in 2015.

In the following 21 posts are steps to greater peace within that I have discerned from a practise of sitting still (meditation) and heart listening.

As within so without.

Suggested Daily Practise During Meditation

Listening to Archangel Michael's, [Plea for Peace Now Meditation](#) with his Mighty Blue Breath.

Sitting in [St. Germaine's Violet Bonfire](#) or bringing his [Torch of the Violet Flame](#) into the heart space, observing, listening for inspiration, the 'how to' steps, keys to forgiveness.



P e a c e within creates peace without, as within, so without, the Universal Law of Balance, how things work in the higher realms.

Daily Invocation

I invoke Sanat Kumara
and the Universal Laws of Intention,
Balance, Change, Unification, Unity, Transmutation,
Instantaneous Transmission, Dispensation,
Attraction and Repulsion, Elimination
and Completion and Continuity
forgiveness of everything
for peace on Gaia.

1. As Within So Without

Today, January 24th, 2018, there are 21 days to Valentine's Day.

In 2015, February 2nd to be exact, Archangel Michael asked us to co-create with the higher realms peace on Earth.

He said there would be victory — PEACE ON GAIA — on Valentine's.

The question is which one? Which Valentine's Day?

We invite you to join us:

21 Days of Forgiveness

PEACE ON GAIA
Valentine's 2018

AS WITHIN SO WITHOUT

“The keys to heaven
are trust and forgiveness,
the doorway is Love.
Open this doorway
with your keys
and step into your new life.”

– The Divine Mother
"The New You," by Linda Dillon

2. Consistency

Why — consistently repeat — Archangel Michael's Plea for Peace Now meditation, invoke St. Germaine and the Violet Flame or Bonfire, and Sanat Kumara and Universal Law?

With consistency, repeated listening to Council of Love meditations, and use of their tools, comes vibratory expansion and increase in our frequency — understanding and knowing — keys for our Ascension.

With daily consistency we become better able to understand and surrender the old patterns of behaviour, better able to let go 'being right' with apologies and forgiveness, Love and peace.

Our ego feels secure,
not afraid.

Embedded within all the Council of Love tools, meditations, Sacred Flames, Universal Laws is our capability to be the Eternal Flow of Love.

We are here to embody the Mother and the Father.

The Mother and the Father forgive everything.

'Forgiveness of Everything'
creates peace within/without.

We are here to be gender equality, self-Love and self-worth, masculine and feminine aspects in balance.

When the old comes up for release — as pictures, feelings, however this happens — the mantra below is a powerful way to balance.

A mantra for situations not of love
with family, friends, co-workers
to create peace within/without:

I Love you and myself

I forgive you and myself

I Am the Infinite Flow of Apologies

I Am the Eternal Flow of Forgiveness

How-to use this mantra:

In meditation see the situation, with the person(s), that is troubling.

Say the mantra as if talking to the person(s) and allow. . . repeat and allow.

Repeat. . . and allow the pain to be felt.

Feeling the suffering and pain is the healing.

Allow sorrow, anger and fears to well up.

Relive the situation, see the pictures, say the mantra.

A question to ask, "Where is my balance, my forgiveness for this situation, for another, for myself?"

We come to peace within/without understanding and knowing the healing power of apologies and forgiveness.

3. Interconnectedness

Each of us effects the entire planet in the interconnectedness of everything.

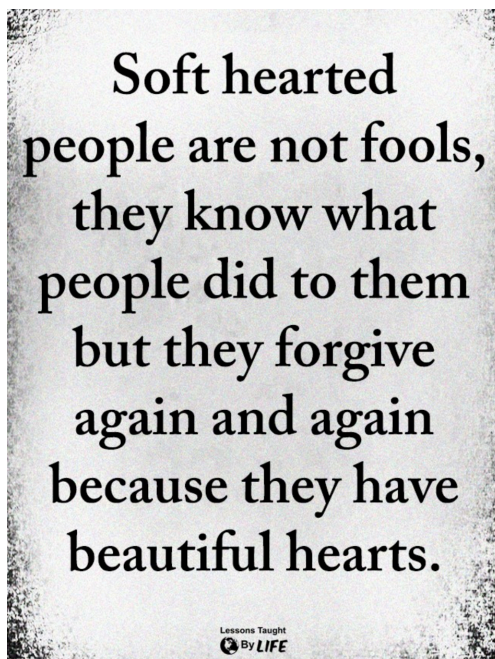
We are here now to be the change, to create peace everywhere we are.

Archangel Michael, through Linda Dillon, channel for the Council of Love, in his Plea for Peace Now meditation says:

“It does not need to take nations making decisions. It does not need to take decades or years.

“What it takes is you claiming your creator self (forgiveness of everything) in sacred union with us, and deciding right Now:

“Enough! We will proceed, and we will anchor, not merely as an act of will, as an act of creation, but an act of Love.”



An Act of Love Creating Peace

Visualizing,

saying the mantra

3, 4, 5, 6 times. . . allowing.

Allowing old energy to be felt, anger,

sorrow, whatever the feelings are. . . feeling them,

finding that place of peace within for all interactions without.

I Love you and myself

I forgive you and myself

I Am the Infinite Flow of Apologies

I Am the Eternal Flow of Forgiveness



PEACE ON GAIA is our peace within,
the miracle of apologies and forgiveness.

4. The Power of the Violet Flame

Violet is all the colours and according to teachings of the Council of Love, [the Violet Flame](#) is for transformation and transmutation of anything that is not of love, for healing, forgiveness of self, others, and situations.

It is the fire within for burning away all karma, all history, past and present and future, but it is also inspiration, passion, freedom and creation.

St. Germaine, Keeper of the Violet Flame, tells us through Linda Dillon channel for the Council of Love:

"The Violet Flame is the essence of the unknowable at that point of conjunction and Love, creation with the Mother and a way for us to know the Love of the Father as well."(1)



He says our perspective is limited, how effective the Sacred Flames are:

"Now you say to me in a very practical way, 'Well St. Germaine does that mean if I do this every day — that we of Earth do this every day — that war in the Middle East will cease?'

"And that is exactly what I am telling you.

"You have no idea how limited your perspective on how effective these tools that we give you can be."

Daily use of the Sacred Flames, St. Germaine says, can bring about peace within, peace without, and all the wonderful other attributes of the higher dimensions:

“In the higher dimensions there is a purity, so there is no pollution, there is no war, there is no hunger, there is no poverty. Now take each of those and think of the opposite on the spectrum.

“There is sharing of resources. There is the glowing beauty of Gaia and of human beings in the fullness of their health. That is why we’re asking you to bring in your new body.

“There is no war. There is community and unity, the more you live in the acceptance of that reality.

"This is not about denial, this is about you declaring and choosing to live elsewhere.

"There is no hunger. There is plenty for all. There is shelter for all." (2)

All of this is within us.

Footnotes

(1) “St. Germaine Asks, ‘What Is Love Really?’” channeled by Linda Dillon for the Council of Love, January 17, 2014, <http://counciloflove.com/2014/01/st-germaine-asks-what-is-love-really/>

(2) “St. Germaine Reminds Us... We Are Multi-Dimensional, Inter-Dimensional Beings...”, channeled by Linda Dillon for the Council of Love, July 19, 2014, <http://counciloflove.com/2014/07/st-germaine-reminds-us-we-are-multi-dimensional-inter-dimensional-beings/>

5. Fear of Failure and the Universal Law of Intent

Recently I found Will Smith talking about his favourite John C. Maxwell quote, “Fail early, fail often, but always fail forward.”

When we can, as Will says, “extract the lessons from the failure” or intend as I heard SK say to “fail in the right direction” we let go of our core issue, fear of failure.

Fear of failure is fear of the unknown, of the past repeating, of asking for Divine Assistance with apologies, forgiveness.

Letting go 'being right' and stepping forth in co-creation with the Divine to apologize and forgive, miracles happen.

Here is Will, fervent about embracing failure:

[Fail Early, Fail Often, Fail Forward](#)

“There is no such thing as mistakes.

The only mistake humans make is in judgement, when they judge themselves or others to be less than, when they do not see the glory of their own Divinity, and that is just sad.”

My Principal Guide

When Sanat Kumara taught us the Universal Law of Intent, he asked us to set intentions everyday, to wear them like an amulet around our neck. He gave us a really helpful list.

I have them on a white board to review everyday

Intention for the day

Intention for the week

Intention for our conduct

Intention for what we choose to experience and receive throughout the day

Intention for how we seek to interact with others

Intention for the inspiration we wish to experience

Intending for perfect alignment with our soul design — anchoring and reflecting the Divine Mother and the Divine Father, forgiveness of everything — with the wisdom and the action steps of apologies and forgiveness within/without, we create peace on Gaia.

Action Steps for Peace

Asking for apologies and offering apologies where there have been “missteps” creates our Nova Earth.

Listen to St. Germaine for the inspiration how to do this.



Footnotes

(1) "Sanat Kumara on the 2nd Universal Law, the Law of Intent," channeled by Linda Dillon for the Council of Love, August 23, 2013, <http://counciloflove.com/2013/08/sanat-kumara-on-the-2nd-universal-law-the-law-of-intent/>

audio: http://www.blogtalkradio.com/inlight_radio/2013/08/20/heavenly-blessings, meditation at 19:11, Sanat Kumara at 34:19

6. Sacred Union with Self

Our Beloved Divine Mother:

"Let us go to the day of Love. Every culture on this magnificent planet has days of celebration. And I tell you, we delight in most of them.

"The only ones that sometimes puzzle us, shall we say, are those when you do self-flagellation, because it refers back to blame and fault and guilt and being unloved.

"There is a difference between saying to yourself, to another, to the universe, 'I apologize, I am sorry,' and beating yourself up emotionally, spiritually or otherwise." (1)

Finding ourselves running that old tape in the brain, 'beating ourselves up,' call on St. Germaine and his Violet Flame. Ask for help letting go, seeing what has need of forgiving.

Call on SK for sacred union with self:

I invoke Sanat Kumara
and the Laws of Intent, Balance
Change, Attachment and Detachment,
Unification, Unity, Transmutation, Dispensation,
Completion and Continuity for sacred union with self.

Lack of gender equality within, lack of self-Love, lack of self-worth, lack of forgiveness and lack of gratitude for our Divine Masculine and our Divine Feminine within are underneath all relationship, health, and financial difficulties.

In meditation, see the pictures, situations of disarray, feel the feelings. . .

Let go, forgive, forgive, forgive.

I Love you and myself

I forgive you and myself

I Am the Eternal Flow of Apologies

I Am the Infinite Flow of Forgiveness

We are here to be the Loving brothers and sisters that we are,
in gratitude to Gaia and to all the higher realms,
for their incredible patience.

Lack of apologies and forgiveness to self can come up in the form of a B U R P :)



Allow this to happen. . . B U R P . . . up the old :) See the humour, if possible.

Remember who we are.

[Global Peace Index](#)

Footnote

(1) <http://goldenageofgaia.com/building-nova-earth-toward-a-world-that-works-for-everyone/nova-earth-day/the-divine-mother-blesses-nova-earth-day-feb-14-2013/>

7. Gender Equality Within

A few days ago I witnessed an event that catapulted me into my past.

It brought up memories I thought I had processed.

To the surface came raw emotions that felt very real.

When I had regained my balance :) what I realized in meditation, feeling that traumatic time again from my past, allowed for greater forgiveness of self, greater gratitude for self.

Our self-Love, gratitude for everything,
and self-worth, forgiveness of everything, creates balance.

The mantra changed from you and myself
to you, myself — One

I Love you, myself

I forgive you, myself

I Am the Infinite Flow of Apologies

I Am the Eternal Flow of Forgiveness

When there is lack of flow with relationship(s), health, finances,
we can look within to see where there is lack of flow with our self.

Flow of Love and worth,
apologies and forgiveness,
to my Divine Feminine within
and to my Divine Masculine within,
creates gender equality within
therefore without.

Gender Equality Within = Gender Equality Without

Our tri-flame is balanced within.

Each of us affect the whole.

There is no hierarchy.

There is no lack.

All are equal.

[Ignite the Unified Field of Your Brilliant Tri-flame](#)

channeled by Linda Dillon for the Council of Love

8. From Suffering to Wisdom

The vibrations and frequency of Love being directed at Gaia from the Mother, the Galactics, and the Ascended Masters are driving up everything that is not of love within us.

Sitting with our suffering, not running away from it — allowing our self to feel the mental emotional physical spiritual pain of our past — however we do this, is the healing.

From our suffering comes wisdom, compassion for others in the shift to Nova Being and new ways of society, Nova Earth.

The suffering can be accessed in meditation in the heart.

Sitting still, going within, feeling any discomfort, irritation, and asking, "How is this discomfort connected to the past?" will bring up pictures, the people connected.

The mantra that came through my guidance I have found to be very effective when the pictures emerge:

I Love you and myself

I forgive you and myself

I Am the Infinite Flow of Apologies

I Am the Eternal Flow of Forgiveness

The false grids or entrenched beliefs manifest physical suffering — health, relationship, financial — lack.

"God is punishing," is a false grid according to Sanat Kumara, that we all hold, and is often connected with our physical father.

Anxiety, separation, worry, broken trust, control, judgement, doubt, futility and the many permutations of these old beliefs are the entrenched systems of lack of self-Love and lack of self-worth.

A question I was guided to ask myself is, "How are these beliefs, feelings, connected to the past?"

We are living the past when we are suffering.

Forgiveness and apologizing to self and others
eliminates the false grids, old entrenched beliefs.

Often we feel, "I'm a disappointment" or "I'm not good enough."

This is a core issue that most of us hold and can often be connected to our physical mothers.

Sorrow, depression, anger and fears are core issues, mental-emotional constructs that diminish the more we forgive ourselves and others.

Anger cloaks fear, or can be the twin of fear, and again, once the people connected to the anger/fear are forgiven and we are gratitude for all the lessons, our suffering becomes wisdom to share with others.

Forgiving everything brings us to a place of gratitude.

From that place of gratitude, our sorrow can become our joy in another reflection, our sacred purpose, our wisdom to help others.

Archangel Raphael, through Linda Dillon, channel for the Council of Love, has been asking us to use his Emerald Elixir as a “poultice of Love” — forgiveness of everything — for anything that is irritating.

“My intention is to be the Love and to accept that ‘I Am the Love. . . I took the form to be the embodiment of the Mother/Father One’. . . clarity of intention. . . intend for the entire planet to experience only Love and that translates sweet ones into every interaction that you have. . . so it is the beginning and the ending.

“The more you are steeped in the Love, the more there is. . . no it is not being in denial.

“It is being the most powerful healer on the planet, so that when you see someone in that incoherent chaos, when you see the murder and mayhem, as healer you apply the poultice of Love, because if you apply irritability or anger or fear then that is what you are creating.

“Your intentions determine the outcome of the Plan. . . . so I give you my Emerald Elixir.”

[Archangel Raphael: The Time of Victory is at Hand](#)

The Mother and the Father forgive everything.

and we are here to anchor and reflect them.

We are the alchemists transforming our pain into wisdom then reaching out, as Archangel Raphael says, to be “the most powerful healer[s] on the planet.”

I can't recommend enough invoking Sanat Kumara and Universal Law, calling St. Germaine with his Torch or sitting in a Bonfire of the Violet Flame, listening to Archangel Michael, Plea for Peace Now and Archangel Raphael, The Time of Victory is at Hand.

The messages from the Council of Love, through Linda Dillon, are very repetitive.

Love

Love

Love

Sitting still, allowing the alchemy, the understandings and knowing to emerge — every day, same time, same place, with consistency — pain transforms to wisdom with forgiveness of everything and gratitude for all experiences.



9. Asking for Apologies

Coming to balance within is a process.

Three years ago I was guided to ask for apologies for long ago situations.

I remember, at the time, being a bit incredulous that this was even possible.

One after another — there were three — I asked, and after it was done, I wondered what had taken me so long.

The Mother had this to say in a reading through Linda Dillon after I had asked for the third apology:

UMM: You have learned the power of forgiveness and compassion.

Apologies — receiving a genuine “I’m sorry” — when someone says that truly from their heart, it is a request for forgiveness, and so in the person receiving the apology, it is not only the transmutation, and what I would call the rectification of an injury, it is an expansion of the receiver to then from a higher realm grant forgiveness and feel compassion.

K: It feels like the release of addiction to pain.

UMM: That is correct because as it comes in, it is transforming ... it is the acknowledgement, it is the healing of the wounded warrior.

Letting go with forgiveness all our addiction to pain, the entrenched beliefs and core issues that don't work, we are building the new.

Apologies, forgiveness and compassion create the new way.

Can you imagine if we all said we were sorry, "I apologize" and "I forgive," with compassion?

When Sanat Kumara taught us the [Universal Law of Give and Receive](#) through Linda Dillon, channel for the Council of Love, he asked us to:

“Hold the sense of inner peace, and eradicate by giving away for the collective, that sense of ‘the need to be right’ because ‘the need to be right’ is what leads to wars.”

If we all stopped "being right" there would be no war with family and friends, in communities, with countries around the world.

Archangel Michael, again through Linda Dillon, in his Plea for Peace Now! meditation says:

“It does not need to take nations making decisions. It does not need to take decades or years.

“What it takes is you claiming your creator self in sacred union with us, and deciding right now:

‘Enough! We will proceed, and we will anchor, not merely as an act of will, as an act of creation, but an act of Love.’”

Asking for apologies and giving apologies, when guided to proceed in person or in writing, are a beautiful way to create peace everywhere on Gaia.

When there are billions holding the energy
of the only acceptable reality being peace and love,
then peace will reign.

Archangel Michael

10. Shame and the Mother's Clarity

"I'm a disappointment" is a core issue many of us can relate to.

Ever since I can remember, I've been repeating phrases not of love to myself consciously, unconsciously, subconsciously.

A question to ask ourselves is, "What is my shame?"

"I'm not good enough" or "I'm never enough" is my shame.

In this time of Ascension, it seems that no matter how many old issues I release, there's always another one. . .

"I want out" and "I don't care" are other phrases from early childhood and as a teenager I have found myself saying, that are not in right alignment, not in Divine Alignment.

Lack of boundaries are connected to shame, as well.

Thank goodness for hope, the Mother's Hope!
I invoke the Mother's Clarity, Blue Diamond Energy,
to understand my shame and know my boundaries, Who I Am.



With the Mother's Clarity, Blue Diamond Energy
we can more easily recognize, name and feel
conscious, unconscious, subconscious
sorrow, shame, anger and fear.

The Mother's Clarity is asking for apologies and apologizing.

Saying "I forgive you" and "I apologize" to self and to others, old injuries
from on and off planet, are rectified.

The Mother's Clarity is the power of forgiveness and compassion, helping
us remember Who We Are, self-Love and self-worth, peace

I Am Peace

I Am Love

I Am Worth

We have all been victims, perpetrators, and everything in between, many
lifetimes, unlimited lessons.

Ascension is coming to peace, Loving each other as the brothers and
sisters that we are, no matter what role we've played.

I Love you and myself

I forgive you and myself

I apologize to you and myself

I Am the Infinite Flow of Apologies

I Am the Eternal Flow of Forgiveness

Every journey is a way Home and never judged, never considered shameful, by the higher realms.

We are here to reflect and anchor the Mother and the Father, their forgiveness, gratitude, peace and Love.

Forgiveness and gratitude is unity consciousness.

Our peace and Love within create Nova Being.

Love for each other is an ascended society.

Charity is our ability to share our Love.

A mother's journey to forgiveness:

[Mom Forgives the Man Who Murdered Her Daughter](#)

11. Letting Go, Being Loving

It feels like we have been working on our issues forever, but we also know we are all here to experience Ascension, the return of Love on Gaia now.

What I've noticed — when the energy being sent to Earth expands and increases, as it has in the last while, especially since Jan. 27th — is the false grids, the old entrenched beliefs and our core issues that we haven't come to peace with can be intense.

The old ways of being that are not of love can make us feel like giving up.

From my understanding, when we find ourselves suffering, we are recreating the past.

Sitting in meditation in the Violet Bonfire of St. Germaine, allowing the old emotions to be deeply felt, the tears to flow, here is a question I was guided to ask:

“How is this old energy connected to the past?”

Divine Feminine abuse, patriarchal control, is the sorrow of humanity.

Greater understanding helps us to let go. . . to forgive everything.

The mantra I was guided to share, I have found to be very powerful, with past situations that are troubling.

I Love you and myself

I forgive you and myself

I apologize to you and myself

I Am the Infinite Flow of Apologies

I Am the Eternal Flow of Forgiveness

In meditation pictures from the past appear for clarity and what I do is I repeat the mantra several times seeing the person(s) involved and the situation.

From there I ask:

Is there something to forgive myself or another for?

Is there an action I can take for greater peace within or without?

When the old patterns of suffering, troubling situations — our sorrow, shame, anger, fear — are completely forgiven, we are in a place of non-judgement. This then can be our wisdom to share.

With our knowledge of what doesn't work, we come to a place where all we want to do is reach out to comfort those still suffering. Our sorrow becomes our joy, our sacred purpose.

Consistent meditation — same place, same time, daily — is very very helpful.

Understanding and knowing, from our guidance, how to anchor in the New You, Nova Being, and Nova Earth, flows to us in meditation.

I Am the Infinite and Eternal Flow of peace and Love.

Dropping from the mind into our heart space, we align our mind, our thoughts, with our heart knowing, and our will, for action steps.

Heart, mind, and will in Divine Alignment,
where forgiveness of everything is possible,
creates peace and gratitude within/without.

Everyday upon awakening, we come to forgive ourselves and others more and more, discovering gratitude is a way of being.

Sanat Kumara is our beloved Planetary Logos and Keeper of Universal Law.

Here is a post explaining who he is:

[Sanat Kumara on the Purpose of Life](#)

Universal Law invocations help us change our thought patterns to Divine Right Alignment while holding the highest vision of balance, gender equality within and without, our collective Ascension.

12. Ho'oponopono and the Law of Attachment and Detachment

Simple Steps to Healing: Ho'oponopono

I Love You, I'm Sorry, Please Forgive Me, Thank You

<https://www.wanttoknow.info/070701imsorryiloveyoujoevitale>

Article by Dr. Joe Vitale

Two years ago, I heard about a therapist in Hawaii who cured a complete ward of criminally insane patients – without ever seeing any of them.

The psychologist would study an inmate's chart and then look within himself to see how he created that person's illness. As he improved himself, the patient improved.

When I first heard this story, I thought it was an urban legend. How could anyone heal anyone else by healing himself?

How could even the best self-improvement master cure the criminally insane?

It didn't make any sense. It wasn't logical, so I dismissed the story.

However, I heard it again a year later. I heard that the therapist had used a Hawaiian healing process called ho'oponopono.

I had never heard of it, yet I couldn't let it leave my mind. If the story was at all true, I had to know more.

I had always understood "total responsibility" to mean that I am responsible for what I think and do. Beyond that, it's out of my hands.

I think that most people think of total responsibility that way. We're responsible for what we do, not what anyone else does.

The Hawaiian therapist who healed those mentally ill people would teach me an advanced new perspective about total responsibility.

His name is Dr. Ihaleakala Hew Len.

We probably spent an hour talking on our first phone call. I asked him to tell me the complete story of his work as a therapist.

He explained that he worked at Hawaii State Hospital for four years. That ward where they kept the criminally insane was dangerous.

Psychologists quit on a monthly basis. The staff called in sick a lot or simply quit. People would walk through that ward with their backs against the wall, afraid of being attacked by patients. It was not a pleasant place to live, work, or visit.

Dr. Len told me that he never saw patients. He agreed to have an office and to review their files. While he looked at those files, he would work on himself. As he worked on himself, patients began to heal.

“After a few months, patients that had to be shackled were being allowed to walk freely,” he told me. “Others who had to be heavily medicated were getting off their medications. And those who had no chance of ever being released were being freed.”

I was in awe.

“Not only that,” he went on, “but the staff began to enjoy coming to work. Absenteeism and turnover disappeared. We ended up with more staff than we needed because patients were being released, and all the staff was showing up to work.”

This is where I had to ask the million dollar question: “What were you doing within yourself that caused those people to change?”

“I was simply healing the part of me that created them,” he said.

I didn’t understand.

Dr. Len explained that total responsibility for your life means that everything in your life – simply because it is in your life – is your responsibility.

In a literal sense the entire world is your creation.

Whew. This is tough to swallow. Being responsible for what I say or do is one thing. Being responsible for what everyone in my life says or does is quite another.

Yet, the truth is this: if you take complete responsibility for your life, then everything you see, hear, taste, touch, or in any way experience is your responsibility because it is in your life.

This means that terrorist activity, the president, the economy – anything you experience and don't like – is up for you to heal. They don't exist, in a manner of speaking, except as projections from inside you.

The problem isn't with them, it's with you, and to change them, you have to change you.

I know this is tough to grasp, let alone accept or actually live.

Blame is far easier than total responsibility, but as I spoke with Dr. Len, I began to realize that healing for him and in ho'oponopono means loving yourself.

If you want to improve your life, you have to heal your life. If you want to cure anyone – even a mentally ill criminal – you do it by healing you.

I asked Dr. Len how he went about healing himself. What was he doing, exactly, when he looked at those patients' files?

“I just kept saying, ‘I'm sorry’ and ‘I love you’ over and over again,” he explained.

That's it?

That's it.

Turns out that loving yourself is the greatest way to improve yourself, and as you improve yourself, you improve your world.

Let me give you a quick example of how this works: one day, someone sent me an email that upset me.

In the past I would have handled it by working on my emotional hot buttons or by trying to reason with the person who sent the nasty message.

This time, I decided to try Dr. Len's method. I kept silently saying, "I'm sorry" and "I love you." I didn't say it to anyone in particular.

I was simply evoking the spirit of love to heal within me what was creating the outer circumstance.

Within an hour I got an e-mail from the same person. He apologized for his previous message.

Keep in mind that I didn't take any outward action to get that apology. I didn't even write him back. Yet, by saying "I love you," I somehow healed within me what was creating him.

In short, Dr. Len says there is no out there. . . whenever you want to improve anything in your life, there's only one place to look: inside you.

And when you look, do it with love.

Note: This article on ho'oponopono is edited from the book, *Zero Limits* by Dr. Joe Vitale.

Dr. Len states that we are all responsible for everything that we see in our world. By taking full personal responsibility and then healing the wounded places within ourselves, we can literally heal ourselves and our world.

As related by Joe Vitale in the radio interview, Dr. Len suggests a four-stage process for this ho'oponopono work. Whenever a place for healing presents itself in your life, open to the place where the hurt resides within you. After identifying this place, with as much feeling as you can, say the below four statements:

I love you.
I'm sorry.
Please forgive me.
Thank you.

Many have found it to be incredibly profound in their lives.

The Universal Law of Attachment and Detachment

The Universal Law of Attachment and Detachment asks us to observe and bless everything with feeling — attaching to the truth, the expression of our heart's desire, to the highest vision for All — and to detach from everything not of love.

The Buddha explains this Law through Linda Dillon, channel for the Council of Love, and says this is done in the constant flow of our hearts:

“You bless each person, not simply with compassion, but with the Love of your heart.

“You do not attach to either your vision or theirs.

“This is a very important understanding for humanity that has an infamous tendency to get caught up in the drama of both their own lives, and certainly of others as well.

“That is why it is so critical at this juncture that you truly learn to be the observer because when you are fully anchored as the observer you are in detachment.

“You are simply watching, and when I use the word ‘watching’ — I certainly do not simply mean with your eyes or even your etheric eyes — I mean with your heart.” (1)

The practise of being in the Infinite and Eternal flow of forgiveness and gratitude helps us detach from drama, come to balance as Nova Being.

Anchored in our hearts, in observation, and attached to the act of blessing everything — consciously breathing, feeling forgiving, sending kindness, compassion, gratitude — accelerates our own becoming and our planetary unity consciousness where we are Love and peace for everyone equally.

Saying a mantra such as the Ho’oponopono technique of, “I Love you, I’m sorry, Please forgive me, Thank you” emphasizes that we are One.

In a balanced society there is no class system — no hierarchy — all are cared for.

The homeless man, the abused woman, the autistic child, the arrogant businessman, the greedy dictator — all of us — are from the same spark of Love of the Mother.

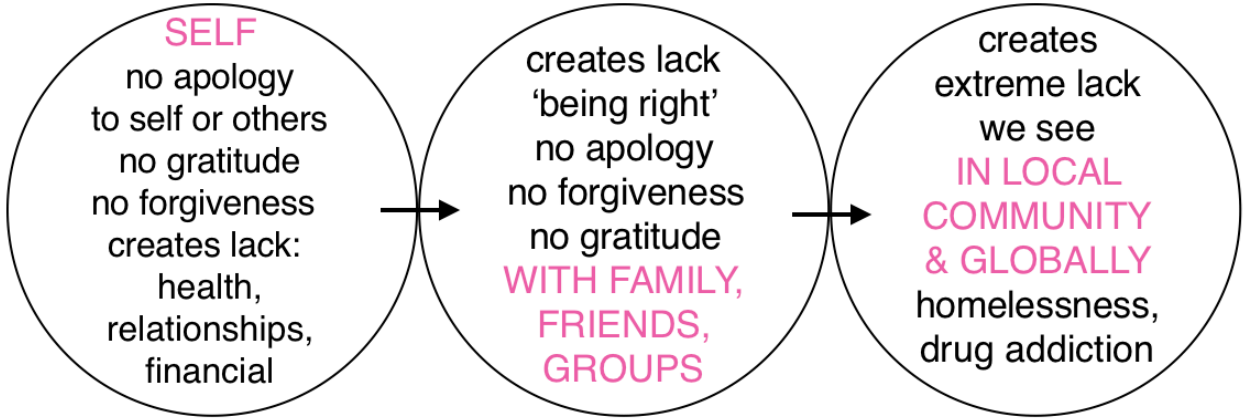
The ways of being that are not of love, held onto within, create “mirror reflections” for us — situations of lack — that are not of truth.

Lack of forgiveness and gratitude

restrict us from full potential, our freedom,

creates ill health, relationship issues, financial lack

to homelessness, drug addiction, even war between countries.



As we become consciously aware of our wholeness by examining and detaching from the old ways of being, curiously asking questions about our history — seeing the patterns of behaviour we have been unconsciously creating — we release the energy that creates havoc.

What Dr. Hew Len did for the mental patients with the practise of Ho'oponopono, we can do everyday with our selves and others, by saying simple mantras.

I Love you and myself

I forgive you and myself

I apologize to you and myself

I Am the Infinite Flow of Apologies

I Am the Eternal Flow of Forgiveness

In the interconnectedness of everything, as we let go — forgive and come to that place of gratitude in the Infinite and Eternal flow of Love — we affect our family, friends, where we work, everywhere we “are,” all humanity.

Dr. Hew Len had great success, working “inside-out” — healing himself to heal the patients from the “outside-in” — an entire hospital.

Imagine what thousands of us can do.

We are helping humanity, like Dr. Hew Len helped his patients, healing ourselves within with detachment from the old, then attaching to the highest vision, being and sending the energy of peace and Love everywhere.

In the Infinite and Eternal flow of L o v e,
attaching to forgiveness and apologies,
detaching from everything not of love
creates Nova Being and Nova Earth,
planetary unification and unity
balance within and without.



Footnotes

(1) Transcript: “Buddha, the Wayfarer, Explains the 6th Universal Law of Attachment/Detachment,” September 29, 2013, channeled by Linda Dillon for the Council of Love, <http://counciloflove.com/2013/09/buddha-the-wayfarer-explains-the-6th-universal-law-of-attachmentdetachment/>

Audio: Heavenly Blessings radio show ~ “Buddha Law of Attachment/Detachment”: http://www.blogtalkradio.com/inlight_radio/2013/09/17/heavenly-blessings meditation, truth of heart’s desire 11:51, the Buddha 31:38

13. The Wisdom in Feeling

The Buddha, through Linda Dillon, channel for the Council of Love, talked to us about the Universal Law of Attachment and Detachment (1) in this way:

“You bless each person, not simply with compassion, but with the Love of your heart.

“You do not attach to either your vision or theirs.

“This is a very important understanding for humanity that has an infamous tendency to get caught up in the drama of both their own lives, and certainly of others as well.

“That is why it is so critical at this juncture that you truly learn to be the observer because when you are fully anchored as the observer you are in detachment.

“You are simply watching, and when I use the word ‘watching’ — I certainly do not simply mean with your eyes or even your etheric eyes — I mean with your heart.” (1)

What is blessing?

My understanding is that blessing is the art of sending Divine Heart Feelings to self or another.

Being the observer (detached from all drama, old energy not of love, mental and emotional) with the ability to bless, to send forgiveness, compassion, gratitude is Nova Being.

This practise of being in the Infinite and Eternal flow of Divine Heart Feelings (detached from all drama) is balance.

The more we are in gratitude to our selves,
the more gratitude is returned to us.
The wisdom in Divine Feelings.

With that said, it is hard to be at the level of observer if there is forgiveness and apology work to be done.

Even with Divine Assistance, when the old trauma comes up to be experienced, it is an emotional rollercoaster ride.

The feelings of righteous anger are very real and accountability is an important step.

Rather than tamping down our emotions, burying our head in the sand — feeling the suffering, expressing, communicating the trauma in writing or in person — is the healing.

The wisdom in feelings.

In daily meditation work, practising balance, a way to access the wisdom in feelings is to say this mantra with feeling, not by rote.

Feeling the Divine Feelings, we eliminate of all lack and limitation.

Saying this mantra
with feeling is healing

I Love you and myself

I forgive you and myself

I apologize to you and myself

I Am the Infinite Flow of Apologies

I Am the Eternal Flow of Forgiveness

Footnotes

(1) Transcript: “Buddha, the Wayfarer, Explains the 6th Universal Law of Attachment/Detachment,” September 29, 2013, channeled by Linda Dillon for the Council of Love, <http://counciloflove.com/2013/09/buddha-the-wayfarer-explains-the-6th-universal-law-of-attachmentdetachment/>

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14. Surrender and Accountability

The power in Archangel Michael's Plea for Peace Now Meditation lies in surrender and following that, accountability, Divine Right Alignment.

Surrender, feeling our sorrow, shame, anger, fear — reliving the past — going deep into the suffering takes courage.

Archangel Michael asks us in his meditation to surrender to his Blue Breeze, and according to my understanding, that means allowing ourselves to feel our sorrow, shame, anger, fear:

“Open, and might I say in the spirit of this undertaking, surrender to the Blue Breeze. . .”

He also reminds us, peace/forgiveness is gentle, kind, Loving and considerate, to Love and forgive, ourselves and others:

“I am very gentle with thee because I want you to know, even as we begin: Peace is gentle, peace is kind, peace is Loving and considerate.”

I Love you and myself

I forgive you and myself

I Am the Infinite Flow of Apologies

I Am the Eternal Flow of Forgiveness

Below is the wording in Archangel Michael's Meditation, where he asks us to surrender then to hold ourselves, and others, accountable:

Place down your sword and shield.

Relax.

Ease your shoulders,

anchor in your heart

and let the blue gentle breeze of peace

of My Breath, of My Essence

pass into you, join with you,

especially with your tri-flame,

to expand you, to anchor you,

and then to pass through you out the back.

It is simple.

I am not asking you to withstand the hurricane winds

— yes, these are the winds of change —

but I am very gentle with thee

because I want you to know, even as we begin:

Peace is gentle,
peace is kind,
peace is Loving and considerate.

So stand before me,
place your hands on a table.

If you are too nervous, beloveds, sit down, it matters not
but I want you, and I imbue and infuse into this video,

My Energy,
My Conjoining With You.
Will you open your heart
like magnificent French doors
and allow me to come?
I know the answer is, "Yes."

O p e n

Open and might I say
in the spirit of this undertaking

s u r r e n d e r

to the Blue Breeze

Michael's Breath...

Michael's Breath...

Michael's Breath...

Let My Breath wash away your fear,
remove the sorrow and grief of war
from your heart and lungs.

Feel this in every cell and fibre of your being.

Allow it not to hold on, but to pass through,
and as it passes through, My Beloved Friends,
it is passing through you, each of you,
to humanity, and you are holding:

the Breath of Peace,

the Blue Flame of Peace,

the Blue Flame of Truth,

and the truth is there is no violence, no war, no abuse
that can ever be justified, and there is no room
for this on our beloved planet.

Lack of apology and forgiveness for conscious wrong-doing creates lack. . .
lack of health, lack in relationships, lack of financial wherewithal. . .

Following surrender, standing up in wisdom and Love, holding ourselves
and others responsible for actions not in Divine Alignment, accountable, is
another courageous action.

Archangel Michael tells us:

“The truth is there is no violence, no war, no abuse that can ever be
justified, and there is no room for this on our beloved planet.”

From a place of understanding we can forgive ourselves, and preferably
with Divine Assistance and Guidance, we can in a balanced manner, ask for
apologies from others for conscious wrong-doing.

With free will upon this planet, there’s the possibility of not receiving an
apology for conscious wrong-doing.

“Being right” is a prevalent stance, but no matter what, it can be a win-win,
as we have stood up to be heard, in the Love and wisdom of Divine Right
Alignment.

Asking for apologies, being heard, whether it's in person or written, is a very powerful action.

The very act of standing up in the Truth of Who We Are, the Love, with others and our selves, is our freedom.

Balance is created with Love, forgiveness and gratitude for the Divine Feminine and the Divine Masculine, within and without.

Gender equality, within and without, is Nova Being.

Understanding and knowing this balance we create Nova Earth.

I Am Love, Forgiveness
and Gratitude for my Divine Feminine

I Am Love, Forgiveness
and Gratitude for my Divine Masculine

I Am Love, Forgiveness
and Gratitude for my Divine Self

I Am Peace
I Am Balance
As Within, So Without

15. The Balancing of our Tri-flame

This lifetime, we are ascending in form.

The issues that trouble us, we have the opportunity now, to bring them to balance.

Forgiveness of everything — all health, relationship, financial woes — balances our tri-flame.

Troubling issues generally track back to the original triangle of father/mother/child.

With this understanding, when we flow gratitude and forgiveness to the flame that is related, we come to balance in the feeling of the Love:

Balancing our Tri-flame

Love, forgiveness and gratitude for our Divine Feminine
(everything related to feminine/mother issues) – blue flame

Love, forgiveness and gratitude for our Divine Self/Child
(everything related to self/child issues) – pink flame

Love, forgiveness and gratitude for our Divine Masculine
(everything related to masculine/father issues) – gold flame

The more we are in gratitude to our selves

the more gratitude is returned to us.

From my understanding there is no ill health in forgiveness and gratitude,
no lack of any kind.

There is no lack in any of the Divine States.

Forgiveness of everything is a Divine State of Being.

In perfect gratitude is perfect health, everything balanced.

When all our adventures, all relationships, all male issues, all female issues
are forgiven, we easily progress to gratitude — gender equality within,
balance (no lack of finances, health, in relationships) — from the moment
we wake in the morning.

It seems to be a very natural progression. . .

Sleep in peace – forgiveness of everything, Love

Wake in joy – gratitude for everything, sacred purpose

Sanat Kumara, our Planetary Logos, when he taught us the Universal Law of
Sacred Purpose, said:

“The purpose of All existence is to Love, to be of joy, and find your way back Home.”

“Home” is our heart — in this lifetime our Ascension in form — heart consciousness, where there is no lack, no death, just joy for sacred purpose, rejuvenation, ecstasy, bliss, harmony, balance.

Our sacred purpose is to build the New Earth the way we know societies in the higher realms work, where there is no lack of anything.

Reaching out to help those in disarray, the homeless, the addicted — working in our communities however we can — becomes very natural.

Our sorrow (what doesn't work) can become our sacred purpose, the wisdom from our suffering.

We are here to build the New and what better way, than to learn first, what didn't work

We are the Ones we've been waiting for, the builders of New Societies, Nova Earth.

This is why the women are marching, to balance the present political system, the workplace, everywhere there is inequality.

Women are stepping up

with their understanding and knowing

of how things work, peacefully.

Forgiveness of everything creates PEACE ON EARTH.

There is no war or chaos in the higher realms.

Balance starts with each of us, within.

In the higher realms all are equal.

There is no gender inequality.

The Importance of a Balanced Tri-flame

Feminine - Self - Masculine

As within, Nova Being = so without, Nova Earth

balanced tri-flame in the heart = gender equality in the without

feminine-self-masculine balance = balanced societies, Nova Earth

Heavenly Blessings:

[The Tri-Flame and Ascension with Mother Mary](#)

meditation 15:20, Mother Mary 41:21

16. Encircling Gaia in the Mother's Flow of Love

In ["The Jesus Book: Messages for the 21st Century"](#) by Linda Dillon is a powerful vision.

Jesus asks us to see ourselves as a circle of seven billion around Gaia in the Mother's Flow of Love.

One circle holding hands.

When I close my eyes, I see us — all of us, even the most recalcitrant — holding hands encircling Gaia.

Jesus, in his vision, encourages us to see the Mother's Tsunami of Love as a trickle that becomes a river, gaining force, and as we are all holding each other up, the Masters are holding us up, too.

As the the Mother's Flow of Love increases, our knowing increases and the Ascended Masters help us to embrace forgiveness of everything, to remember Who We Are, brothers and sisters.

Where there has been injury, our understanding expands so we see forgiveness is the letting go, that it is only fear that leads to judgement of others and self.

When Sanat Kumara taught us the Law of Unification, Unity, he told us that all the energy, all the particles of this Universe come from Love, that that is what we are made of.

He said we are One unified force field with no separation or division, each of us beautifully unique yet bound by the Law of Unity, interconnected heart to heart to heart.

Offering forgiveness for all injury, allowing the Mother's Flow of Love to move through us, we are the Divine Blessings and Virtues, the force field of unified energy.

In the unified force field there is no lack of forgiveness, no control, only flow, balance, gender equality.

I offer this mantra from myself into our unified force field, our circle, for all of us around Gaia, and far beyond:

I Love you and myself

I apologize to you and myself
for everything not of love I have done
during my lifetimes on Gaia

I forgive you and myself

I Am the Infinite and Eternal Flow
of Apologies, Forgiveness and Gratitude,
Love, Peace and Joy.

17. Creating Peace with Waldorf and Statler

I have a funny story. . . about peace negotiator, William Ury, the Muppets, Waldorf and Statler, and the Council of Love's Karmic Dispensation Meditation channeled by Linda Dillon.

In 2013 when I was introduced to the Karmic Board Meditation in Linda's New You Webinar, I was non-plussed when Statler and Waldorf appeared as the beings I saw on the Karmic Board.

It made me giggle and wonder. . . Here I was trying to be all serious and there's Waldorf and Statler looking at me. . . I remember willing them away 'thinking' there was something wrong.



Fast forward to last year, 2017, and find myself listening to [William Ury](#) (41:55 - 44:22, "observation without judgement from the heart) talk about finding the "balcony within" as a way to negotiate peace.

Jumping back from drama is a way to remain calm not only in our external reality, but even more importantly, within.

This is where I began to see
the wisdom of Statler and Waldorf.

They sit on a balcony at the theatre
watching the show.

It's remarkable how easy it is to remember to go sit with them, when I have
need to "jump back" from internal dialogue not of love, so I can be the
observer.

I've asked the Father and the Mother to be "Statler and Waldorf" on my
balcony so I can practise sitting quietly with them, listening with my heart
to the ways of Divine Right Alignment, rather than fear-based thoughts of
the old 3rd dimension.

It's fun and it works.

Fear of failure diminishes.

Trust in the Mother's Divine Plan for humanity, letting go of the "how-to"
as Archangel Michael tells us in his Plea for Peace Now! Meditation, the
Blessings and Virtues and the Universal Laws are my heart conversations
on the balcony.

The heart is my place of balance.

Understandings of the Mother's Blessings and Virtues,
the Violet Bonfire, the ways of self forgiveness,
understandings of the Universal Laws,
Right Alignment is in my heart.

Peace in the 21st Century: William Ury

Statler and Waldorf Scenes

(Watch with discernment, drama. . .)

Inviting 'Triggers' to the Balcony

Another way to use the balcony, is to invite the ones who 'trigger' us there, to have a conversation, or just to bless.

From world leaders to next-door neighbours to family members, watching the show, observing the drama together, having a heart-conversation about what bothers us, or to bless, is a way to peace within.

Ultimately what bothers us in the without, can track back to childhood trauma, the original triangle of father/mother/child.

I highly recommend inviting parents, siblings, children, friends, pets to the balcony to bless them, thank them, and to watch the Greatest Show on Earth, Ascension.

The Buddha, through Linda Dillon, channel for the Council of Love, reminds us about the Universal Law of Attachment and Detachment (1):

“You bless each person, not simply with compassion, but with the Love of your heart. You do not attach to either your vision or theirs.

“This is a very important understanding for humanity that has an infamous tendency to get caught up in the drama of both their own lives, and certainly of others as well.

“That is why it is so critical at this juncture that you truly learn to be the observer because when you are fully anchored as the observer you are in detachment.

“You are simply watching, and when I use the word ‘watching’ — I certainly do not simply mean with your eyes or even your etheric eyes — I mean with your heart.” (1)

As we bless, LOVE, come to a place of forgiveness with our ‘triggers’ tracking them back to where they started — heart-to-heart conversations, higher self conversations on the balcony — we create balance within, come to peace with our past.

Being on the balcony with those who trigger us could be likened to balancing the tri-flame in the heart — blue/feminine flame, pink/self flame, gold/masculine flame — coming to a place of forgiveness.

Flowing LOVE into our disarray — feminine, self, masculine — we automatically balance the flames of our tri-flame.

Universal Mother Mary describes it this way:

“These three unique flames serve you incredibly well, each distinct, useful, powerful and wonderful in their own right. . . in your very core, that there always needs to be that unity, connectedness and balance, each honoured equally and represented equally, not only within your heart, but within your life and within your physicality.” (2)

When our tri-flames are balanced — **the Divine Feminine/Mother**, **the Divine Self/Child**, **the Divine Masculine/Father** — flames equal within, world peace is possible.

As within, so without.

Footnotes

(1) Transcript: “Buddha, the Wayfarer, Explains the 6th Universal Law of Attachment/Detachment,” September 29, 2013, channeled by Linda Dillon for the Council of Love, <http://counciloflove.com/2013/09/buddha-the-wayfarer-explains-the-6th-universal-law-of-attachmentdetachment/>

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(2) “Blue, Pink, Golden...These ‘Roses’ Embody the Important Tri-flame Within Our Heart,” channeled by Linda Dillon, October 14, 2012, <http://counciloflove.com/2012/10/join-mother-mary-and-the-council-of-love-in-a-meditation-on-our-tri-flame-and-its-importance-for-ascension/>

18. From Sorrow comes Sacred Purpose

Father/Mother One, God, does not judge anything.

Judgement is a human creation not of love, just as fear is.

The opportunity now is to face all fear, with understanding that there is nothing to fear, but fear itself.

I apologize for everything I have done
that was not in Divine Right Alignment
in this lifetime, all my past lifetimes.

From this place of forgiveness and gratitude for my feminine aspects, my masculine aspects, my self:

I Am Peace

I Am Love

I Am Joy

We are Lightworkers, systems busters. . . here to eliminate belief systems and core issues not of love on behalf of many.

Dr. Ihaleakala Hew Len demonstrated with great success, the ancient Hawaiian practise of Ho'oponopono, "I Love you. I'm sorry. Please forgive me. Thank you."

He took “complete responsibility” for the extreme cases of criminally insane patients at the Hawaii State Hospital, with the enlightened understanding we are all responsible for each other in the interconnectedness of everything, [the Universal Law of Unification, Unity](#).

At the Hawaii State Hospital, psychologists quit on a monthly basis, the staff called in sick or simply quit. People would walk through the wards with their backs against the wall, afraid of being attacked by patients. It was not a pleasant place to live, work, or visit.

Dr. Len never saw patients. He agreed to have an office and to review their files, and while he looked at those files, he would work on himself. As he worked on himself, patients began to heal. . .

See page 31

[12. Ho’oponopono and the Law of Attachment and Detachment](#)

As we forgive ourselves for everything, we are doing this on behalf of many on this planet and far beyond.

The Universal Law of Karmic Dispensation states everything is forgiven now; we are in a time of Karmic Dispensation.

We can invoke Sanat Kumara and the Law of Karmic Dispensation and/or St. Germaine and the Violet Flame, the Violet Bonfire, to torch everything we see and feel is not of love, within and without.

Another way to come to forgiveness is using a mantra like Dr. Len’s above or the one below:

I Love you and myself

I apologize to you and myself
for everything not of love I have done
during my lifetimes on Gaia

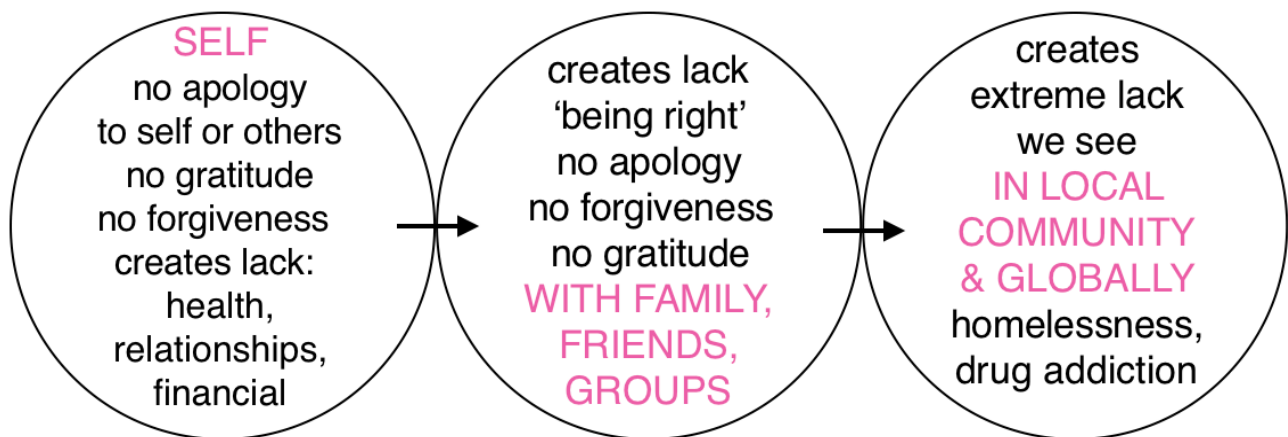
I forgive you and myself

I Am the Infinite and Eternal Flow
of Apologies, Forgiveness and Gratitude,
Love, Peace and Joy.

Accountability and apologies heal but often there is no apology from others for conscious wrong-doing.

Also, we often haven't come to a place of accountability and non-judgement for self — forgiveness of everything — for the past.

We see the results of 'no apology' in ourselves with health issues, relationship and financial distress and out in our communities with addiction, homelessness, the refugee crisis, the drug trade, war, extreme cases of anxiety and doubt, sorrow and fear, belief in separation from the Divine, that "God is punishing and I'm a disappointment."



The way of the higher realms is LOVE.

We are LOVED no matter what has transpired here.

Who We Are is LOVE and PEACE.

We arrive at, come to, Love and peace with forgiveness of self, forgiveness of everything not of love.

This is an Ascension lifetime — understanding and knowing heart consciousness, heart listening, meditation, ability to feel and be the Love, heart speaking, compassion for each other and forgiveness of everything — and why there is an abundance of spiritual information available.

We're here to discern “the good, the bad and the ugly” and detach from everything not of love.

With free will, we can choose to face into the fear and come to Divine Right Alignment, or not.

An Ascension lifetime is the opportunity to put down all “burdens” and be Love, peace, and joy.

With detachment from our suffering comes wisdom, understanding of what doesn't work, knowing we're here to be the change, help with the change, find sacred purpose.

Often our sacred purpose
is our sorrow in another reflection.

From sorrow comes wisdom, comes sacred purpose, comes gratitude for
everything.

I Am Gratitude for my sorrow,
understanding of what doesn't work,
so I can help be the change in community,
help create Peace on Earth Now!
with Archangel Michael,
the higher realms.



[Female Coders in Afghanistan Create a Video Game to Combat Drugs](#)

Footnotes

(1) Transcript: "Buddha, the Wayfarer, Explains the 6th Universal Law of Attachment/Detachment," September 29, 2013, channeled by Linda Dillon for the Council of Love, <http://counciloflove.com/2013/09/buddha-the-wayfarer-explains-the-6th-universal-law-of-attachmentdetachment/>

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19. The Universal Law of Karmic Dispensation

The Universal Law of Karmic Dispensation, our Planetary Logos, Sanat Kumara tells us through Linda Dillon, channel for the Council of Love, is a gift of new beginnings. (1)

He says it is a gift of forgiveness, the opportunity for us to forgive those who have harmed us, but it is also for us to forgive ourselves.

Because this Law is a gift freely given, in the balance, we must freely receive it as well.

An Invocation

I invoke Sanat Kumara
and the Universal Law of Karmic Dispensation
to wipe the slate clean of all things I have done or not done,
of all debt that I owe and that is owed to me. I request
this Karmic Dispensation.

When invoking Sanat Kumara and Universal Law, we see how beneficial it is to have a consistent daily meditation time.

Heart listening, in meditation, is how we hear, know, find our next steps, where the excitement of discovery of how things work in the higher realms is.

The old patterns of not apologizing, not being forgiving, not offering forgiveness, hinder our journey.

SK says it is important that we not cling to old behaviour patterns, that we realize we are free.

The Law of Karmic Dispensation
is the understanding that we are newborn
with the wisdom, the Love, the knowing of Who We Are.

Who We Are is connected to our I Am, and the I Am — knowing forgiveness of everything — with compassion for self, and others.

Sanat Kumara says, when we use the words, “I Am” what we are doing is claiming and declaring our Divinity and our alignment with the I Am.

We are bringing our heart consciousness, mental and emotional bodies, and physical body into alignment with our Universal self which is our personal I Am.

Our Universal self, our personal I Am, aligns with the I Am, with Divine Mind, Heart, Will, Presence.

The more we think of ourselves, act as our self within that I Am, the more we will be.

I Am Love
I Am Peace
I Am Joy

Who I Am = Divine Right Alignment

When we are anchored — understand and know — our I Am, Who We Are, this creates firm boundaries, Divine Right Alignment with our soul design, sacred purpose.

The Universal Law of Karmic Dispensation facilitates healing that can occur at the speed of Love, instantaneously, immediately.

However, the rate an individual chooses to incorporate Love, is particular to that person.

Sanat Kumara tells us we do not heal anyone.

He says we act as vessels of healing by allowing the source energy of Love, of the cosmos, of the One, added with our Love, to flow through us to that person.

I Love you and myself

I apologize to you and myself
for everything not of love I have done
during my lifetimes on Gaia

I forgive you and myself

I Am the Infinite and Eternal Flow
of Apologies, Forgiveness and Gratitude,
Love, Peace and Joy.

The more we are in unity/community consciousness — balance — the more this transmission can take place.

What takes us out of unity/community consciousness is judgement of self or others.

SK reminds us when we judge our selves or another it is cruel, harmful, and reveals a lack of love and compassion.

He says we do not have the wisdom
to judge anyone.

The Universal Law of Karmic Dispensation
is a gift freely given by the higher realms,
but it must be requested.

Linda Dillon has recorded a meditation, a visit to the Karmic Board, at the link below on her website:

[Karmic Dispensation, A Guided Meditation](#)

We can request this gift by invoking Sanat Kumara and the Law of Dispensation, or in meditation visiting the Karmic Board, as many times as needed by ourselves or with many.

Archangel Michael recommends we take countries, tribes, situations:

“Now, long ago we have talked about doing the meditation for Karmic Dispensation and most of you have done this. What we would recommend is that you do this meditation – and you take, you can choose, you can take countries or tribes or situations – take them along with you to the Karmic Board, and allow them to receive the karmic forgiveness, erasure, that can take place, and finish this off rapidly. That will contribute mightily to the peace brigade.” (2)

On this journey of Love and peace, as we anchor in the higher ways of being, situations can arise where a visit to the Karmic Board helps us and others.

The Universal Law of Karmic Dispensation
is a gift of new beginnings, of forgiveness.



Footnotes

(1) “Sanat Kumara on the Universal Law of Dispensation,”
channeled by Linda Dillon, October 29, 2013,
<http://counciloflove.com/2013/11/sanat-kumara-on-the-universal-law-of-dispensation/>

(2) “COL Tsunami of Love, Drought and Peace Meditations,”
channeled by Linda Dillon, February 5, 2015,
<http://counciloflove.com/2015/02/archangel-michael-i-need-your-help/>

20. Love Letter

A Love letter to my Self

Dear Heart, Self,

I LOVE you.

I apologize to you for the entrenched belief that I have been consciously, unconsciously, subconsciously holding, that “God is punishing.”

I see now:

I Love you, my Self
I forgive you, my Self
I apologize to you, my Self

Mother/Father One never meant for life to be a struggle, to think that I needed to plan for disaster, for lack.

I see now, lack of love within creates the perception of lack.

Lack of apology and forgiveness to you, my Self, and others creates lack within/without.

Flowery language can explain what is transpiring on planet now, but what am I truly feeling within, what is my heart saying?

What is heart listening?

If I sat still and truly examined how I feel, what would I find?

Oppression, control, judgement, separation anxiety, worry – broken trust, doubt, futility, disappointment, sorrow, shame, exhaustion, fear of ruin, fear of failure, fear of defeat — lack of self-worth and lack of self-Love — is that how I feel?

What is lack of self-love and lack of self-worth? What is judgement of self and fear?

In the present moment, Now, what am I feeling?

Am I feeling the LOVE that is all around me?

Am I in bliss, in ecstasy, in joy knowing sacred purpose helping create the New, in rejuvenation?

How do I get there, to that feeling bliss, the LOVE, the joy of sacred purpose?

This is our Nova Earth — living in the heart — heart consciousness.

As within, so without. As above, so below.

Jesus, when he walked the Earth, knew this. He taught this.

Anyone who has experienced near-death relays this; they come back to Earth and all they speak of is LOVE.

What is LOVE? Absolutely no judgement of self?

What is PEACE? The state of no fear?

I understand the value of pain but am I compassion?

Where is “God not punishing,” where apologies and forgiveness are the Way of LOVE, the Return of LOVE?

I LOVE you, Self.

Kathleen



Universal Mother Mary: The Universal Law of Completion and Continuity

“The decision to leave what you know as the old third dimension behind is a personal decision.

“Now, you have touched upon something very important – critical – that I wish to speak to. Why is it that some of you are already feeling that sense of detachment, of being the observer, of knowing the connection, of feeling the unity, of multiplying and amplifying my gift of clarity, and feel pretty much ready to let go of that cord to the old Third so that you are not experiencing the angst, the anger, the fear, the discouragement, the disappointment in ways that you have in the past, that the struggle is a struggle. Because that is a big piece of the old Third – that we wish to dismiss.

“It was this belief in struggle, which is contrary to everything I have ever created. Now why is it that some of you are ready to simply let go of that cord? Because you have decided, in your own journey, that you are ready to, that you can work and be in the fullness of your capacity in the higher realms. Now you may on occasion be reaching back. But even as you reach back, what I suggest today is that you will be reaching back into the pure Third that I have recently created, not the distorted old Third.

“So can there be an experience of physicality? We are not eliminating the Third Dimension; that would be contrary to my Creation. The circle of life that you and Linda have referred to includes the fullness of the clock. We are not taking 3 off the clock. We are cleaning it up.

“So can you have an experience of physicality in and out as you choose? Yes. But it is from a different place of existence and knowing. When I

created the Third in the very beginning, it was a place of play where you could assume being a tree, a butterfly, a mountain range, a goat, and you could do it for five minutes or five years or five millennia – it matters not.

“But you were free to pop in and out. And what happened with the distorted Third was you forgot that. And everything became a struggle. Well, that is not the Creation that I have put in place. So yes, some of you are already ready to let go of that cord. Some of you are bi-locating fully... Holding the energy for those who are in the process of decision.

“And then there are those that are still caught in the quagmire of the old distorted Third. But all are being prepared. Some resist. That is the option of free will. But it is really kind of absurd when you think of it, my daughter. The solidity of the old Third has always been a conundrum. Why would anyone choose fear, pain, misery, mayhem?

“Yes, the addiction is strong. But all of it is but an illusion. That is why we are going to speak to you about false grids as well.

“I am determined that my children, from China, to India, to Africa, to Haiti, to New York City, to the West Coast – everybody – will be fully informed of what a false grid is and be free to exercise the choice to abolish, eliminate, escape from these illusions. Because they are not of Love and they are not of my Creation. And frankly, child, I am tired of them.” (1)

Footnotes

(1) “Transcript: Universal Mother Mary Discusses the Law of Completion and Continuity on Heavenly Blessings, December 3, 2013,” at <http://goldenageofgaia.com/2013/12/03/universal-mother-mary-discusses-the-law-of-completion-and-continuity-on-heavenly-blessings-december-3-2013-2/>

21. Eliminating Hatred, Conscious Creating

Who'd have 'thunk' on Day 21, after 21 Days of Forgiveness, I'd be writing about hatred.

20 days and to end with "I hate. . ." Hmmm.

Most of us on this planet, male and female, hold the old entrenched belief that "God is punishing" but pay little attention to it, really don't want to look it.

I have to say it's liberating to say out loud, "I hate _____" with detachment, not much emotion.

I'm on my 'balcony within' with the Mother and the Father, as I write.

Feeling a mild sense of futility, detached from the drama of hatred, fear, sorrow.

I also know consciously stating this deep hatred, futility, means there's imbalance — my **tri-flame** is not balanced — not enough Love (forgiveness) to the **masculine flame** or not enough Love (forgiveness) to the **feminine flame**, therefore not enough Love to my Self in the middle, the **pink flame**.

SK has told us we intend on the other side to be the expression of LOVE in every lifetime, but that can go awry, so the grids build up lifetime to lifetime.

We've arrived here, this Ascension lifetime, with work to do, apologizing, forgiving, coming to gratitude for everything.

So here I go again with this ongoing work:

I Love you, myself

I apologize to you, myself,
for everything not of love I have done
during my lifetimes on Gaia

I forgive you, myself,
for my recalcitrance, hatred, futility

I Am the Infinite and Eternal Flow
of Apologies, Forgiveness and Gratitude,
Love, Peace and Joy.

Archangel Michael on An Hour With An Angel, with Steve on February 8th, said this:

“What you are doing is you are taking the Mother’s and the Father’s Essence of Forgiveness. One of their Divine Expressions, and bringing it down. And anchoring that forgiveness, that sense of deep compassion and awareness of gentleness, kindness.

“Forgiveness is never permission other than permission to surrender. So, you are anchoring that. And in anchoring that you are beginning to feel and to know and experience the forgiveness of your sacred self.

“Your inclination may be, ‘I forgive myself for not being perfect,’ but that would be erroneous. What you are forgiving is your not expressing and experiencing yourself as Divine Perfection, of allowing yourself that scenic detour to be less than. And you look at that, and you let it go. You forgive it.

“Forgiveness has the ability of elimination: more organic change, the dissolving of what may have felt like a huge boulder, which you have experienced. and allowing it to dissolve. Then you take that, and in that you can begin to forgive externally. In the without as well.”

I Am the Love for you and myself

I apologize to you and myself,
for everything not of love
during lifetimes on Gaia

I forgive you and myself,
for everything not of love

I Am the Infinite and Eternal Flow
of Apologies, Forgiveness and Gratitude,
Love, Peace and Joy.

I see my family, my friends, what's happening in community, globally on the internet and there's lots of inspiring action happening, but do you know anyone who's really happy, balanced?

How come?

Often it looks like "God is punishing" with health issues, relationship and financial difficulties, addiction, war. . . so is this what's really happening within us?

As within, so without?

Are we treating ourselves as if "God is punishing" — hatred, futility alert, within — and not realizing it?

Hating someone external to us — 'biting the hand that feeds us' — the reflection is hating the essence our own masculine/feminine/self.

We are here to forgive everything, not necessarily to like everyone, but to forgive, as Archangel Michael said on An Hour With An Angel:

"Forgiveness is not about liking everybody. It is about being the Love.

"Now, let us go back. Do you think that when we or the Mother observe some heinous behaviour that she likes it? No. That she likes the person acting that way? No. But the Love for the Divine Expression is always there.

“So, it is not really about...it is almost, might I suggest today, insignificant whether you like or dislike an individual or a group of people. That is you, that is your personality. And when I say you, I mean all of you who are listening this night. That is your personal preferences based on your life experience, your many life experiences, your culture, your acclimatization to society or to institution. It is simply personal choice. Love overrides that.

“Let me repeat; Forgiveness is not permission.

“So, when you forgive yourself or, let us be very particular, when you are forgiving someone you dislike, you are not saying, ‘Let’s have dinner together’. You are not saying, ‘I have a spare room in my house, come and live with me.’ You are not saying, ‘Be my best friend.’

“The gift of forgiveness is to yourself. Because carrying around a burden of what you feel is injury, because that is really what it is about, is injury to your sacred self. So, that is why I suggest to you, I tell you, the forgiveness begins with yourself. And then you can move out to the outer realm as it were. But it has nothing to do with liking or disliking. And I am not suggesting to you — this is a good topic — that forgiveness eradicates boundaries.

“Now, more than ever in this time of new beginning, in this process of creating, and co-creating Nova Earth, in this time of a unified grid, boundaries are more important than ever. Because as you are progressing what you are saying — passively, actively, silently, or in heart speaking — you are saying, ‘This is acceptable, and this is not acceptable. And invading my values, my heart, my love, my sacred being is not acceptable.’

“As Yeshua has often said, and I will repeat, ‘Turn the other cheek,’ which is forgiveness, does not mean that you will allow that individual, or that group, or that energy to beat you up.

“That is not acceptable. And that is why we say, ‘Forgiveness is never permission.’ It is simply lightening your load, your burden. So, when you dig deeper, beloved, when you say, ‘I really am having trouble forgiving this or that person, and what will happen if I do extend an apology?’ And the apology does not always need to be in person, or even spoken. But what will happen?

“I ask of you. All of you. What are you afraid of? It comes back to where we have started this conversation. And it is that those that are reluctant and recalcitrant are in fear.

“Now I have this new mechanism that I would like to suggest to each and every one of you who may be caught in this tricky recalcitrant position. And I will share it with you.

“Ask for help. Yes, my friends. If you feel stuck, this is not about you always demonstrating Herculean strength, determination, fortitude. This is not about flexing your divine muscles.

“Ask for help. We are Legion. When you say to us, when you say to the Mother, when you say to Gabrielle, or Raphael, or Uriel, ‘I am stuck. It is too much. I am giving this to you. Help me,’ it will be over in an instant.

“If it takes a little time, it is because there is an understanding not lesson, understanding, a comprehension inside that situation that you need deeper insight into. But when you ask for help, my beloveds, it is a guarantee, we’re there.”

Calling on the Mother, the Mighty Ones, Archangels Gabrielle, Raphael, Uriel:

I invoke the Mother, Archangels Gabrielle,
Raphael, Uriel and the Universal Laws of Change,
Attraction and Repulsion, and Elimination
for change, repulsion and elimination
of all ways of being not of love
conscious, unconscious,
subconscious
and for attraction
of all ways of being
L O V E B A L A N C E
T H E H O L Y G R A I L

Thank you, Divine Mother, the Mighty Ones, Sanat Kumara, St. Germaine, Linda, everyone involved.

Footnotes

(1) "Archangel Michael: Forgiveness is Never Permission," channeled by Linda Dillon for the Council of Love, February 12, 2108, <http://counciloflove.com/2018/02/archangel-michael-forgiveness-is-never-permission/>

Audio: An Hour With An Angel, February 8, 2018, <http://inlightuniversal.com/archangel-michael-on-ahwaa-are-we-recalcitrants-for-not-forgiving/>

Conclusion

To all reading this series, 21 Days of Forgiveness, I appreciate you.

World Peace? Not this Valentine's Day, maybe next year.

With apologies, forgiveness and gratitude,

Love, peace and joy,

Kathleen

When there are billions holding the energy
of the only acceptable reality being peace and Love,
then peace will reign.

Archangel Michael



VALENTINE'S DAY

PEACE ON EARTH

LOVE FOR G A I A